

YOUR FREE SIX-PAGE WORKBOOK

The Yoga Starter Kit Workbook

Choose useful gear. Skip duplicate purchases.
Make room for a practice that fits your life.



Original editorial illustration; equipment shown is not a product recommendation.

Your next step, made simpler

Work through the mat worksheet, equipment checklist, and seven-day setup plan. Print these pages or use them alongside our free online tools. You do not need to buy everything listed.

Equipment planning only. This workbook does not prescribe exercise, treat health conditions, or replace instruction appropriate to your experience.

01 / MAT-SELECTION WORKSHEET

Find your mat priorities

Decide what matters before comparing brands. Thickness alone does not tell you how a mat will feel.

Where will I practice? Home, studio, travel, or a mix:

What does my routine involve? Standing work, floor work, or both:

My available floor space and storage space:

The three features I care about most:

Use this simple decision guide

Mostly floor work + a softer feel: compare cushioning-focused mats, while checking stability.

Standing or mixed practice: compare density, grip guidance, and dimensions.

Frequent travel: prioritize packed size and weight. Check whether the mat is a standalone surface or a topper.

[Open the free Yoga Mat Finder](#)

02 / YOUR EQUIPMENT CHECKLIST

Own it. Borrow it. Consider it.

Check one choice for each item. A blank box does not mean you need to buy it. Let your actual practice guide the list.

ITEM	OWN	BORROW	CONSIDER
Yoga mat A dedicated surface for your practice.	☐	☐	☐
Two matching blocks Adjustable support height when useful.	☐	☐	☐
Practice strap A non-elastic belt, not a mat carrier.	☐	☐	☐
Yoga bolster Compare shape, firmness, and storage.	☐	☐	☐
Blanket An existing blanket may be enough.	☐	☐	☐

My minimum useful kit is:

[Build a shareable checklist online](#)

03 / SEVEN-DAY SETUP PLAN

A week of small decisions

This is a setup plan, not a workout program. Move through it at your own pace and repeat any step you need.

DAY 1

Clear a space

Measure the area and move trip hazards. Check that doors and furniture leave room to move.

DAY 2

Take inventory

Use the checklist. Identify what you own or can borrow before purchasing anything.

DAY 3

Choose mat priorities

Complete the mat worksheet. Compare a few suitable options, not every available listing.

DAY 4

Find suitable instruction

Choose a class or instructor appropriate to your experience. Ask which props are useful.

DAY 5

Compare one real need

Read specifications, seller details, care instructions, and return terms for one missing item.

DAY 6

Set up and store

Give each item a place. Follow first-use instructions and make packing away straightforward.

DAY 7

Review and simplify

Note what felt useful, what was awkward, and what you can leave off the shopping list.

04 / PURCHASE PLANNER

Make one considered choice

Choose one item to compare. Write down the practical differences, then decide whether buying now solves a real need.

The item and the job I need it to do:

Option A: model, size, material, and current price:

Option B: model, size, material, and current price:

Care, storage, and carrying differences:

Seller and return terms I checked:

My decision: buy, borrow, wait, or skip - and why:

Shopping reminder

Confirm the selected variation, quantity, seller, and return conditions. Read recent reviews for the features you care about. Ratings and popularity do not guarantee that an item fits your needs.

05 / YOUR PERSONAL ACTION PLAN

Less shopping. More clarity.

The one thing I will do next:

When and where I will make time for it:

One purchase I can avoid or postpone:

Keep these free resources handy

[Yoga Mat Finder](#)

[Yoga Starter Kit Builder](#)

[Mat buying guide](#)

[Yoga blocks and straps guide](#)

[Restorative yoga essentials](#)

About My Yoga Flow

Practical yoga gear guidance for a simpler home setup. Our website may contain affiliate links. As an Amazon Associate we earn from qualifying purchases. Product guidance is researched; we do not claim hands-on testing unless explicitly stated.